



Senior Citizen News

3179 Livernois, Troy, MI 48083 248-524-3484

Carla Vaughan, Senior Director

Melissa Humbyrd, Senior Program Coordinator - Lynn Rachwitz, Senior Programmer

December 2003

Holiday Dinner Dance

Thursday, December 11 5-9:30 pm

Join your friends at the Community Center for a dinner featuring sliced beef and roast chicken breast, followed by dancing to the music of Mike Wolverton. **Cost: Senior Citizen Council members \$11 each, nonmembers \$13 each.** Space is limited. Ask for Activity # **148917A**. The registration deadline is Monday, December 1. Doors open at 5 pm and dinner is served at 5:30 pm. This dance is cosponsored by the Troy Senior Citizen Council, a senior led group that plans Senior Week in May and other events throughout the year. Senior Council membership cards, which are good for one year (2003), are available at the Community Center for \$4 each.



Golden Choraliers Holiday Celebration

Tuesday, December 16 - 1 p.m.

Come one, come all to a holiday celebration at the Troy Community Center brought to you by the Golden Choraliers, Troy's own senior chorus. Rekindle the holiday spirit as you enjoy your favorite music of the season.



Scrabble for Fun or Competition

Tuesdays at 1:00 - 3 pm at the Community Center

If you enjoy competing, or if you just like playing, come on down and join the fun. This is a perfect way to keep your spelling skills, and also meet new people. We will meet each Tuesday (unless otherwise notified) at the Community Center from 1 -3pm. We have a group started but can make room for more people. Call Lynn at 248- 524-3484 to register.

Elder Law

Wednesday, December 10, 1 - 3 pm

Mr. James Schuster, Certified Elder Law Attorney, will guide you through the many areas of Elder Law. Subjects he will cover include rights of the spouse in a nursing home, Durable Powers of Attorney, Healthcare Power of Attorney, Revocable Living Trust, Alzheimer's Family Protection Plan, estate plan checklist, and Medicaid myths. There will be time at the end of this program for questions and answers.



Online Registration

We now offer on-line registration for most programs listed in this newsletter. You will need your household number and head of household name to register on-line. You can find your household number near the bottom left side of any previous program registration receipt or call 248-524-3484. To register online, go to the City of Troy's website - ci.troy.mi.us and click on the gold Parks and Recreation Register Online button on the home page. Enter your household number for username and the last name of head of household for password. On the next screen, click on SHOP and then ACTIVITY ENROLLMENT. You can only register people that are in your own household. You will not be able to register for trips until the sign-up date stated in the newsletter.

In certain cases when special information is required, you will not be able to register on-line. This will be noted in the newsletter.

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Troy Parks & Recreation
3179 Livernois
Troy, MI 48084

248-524-3484

Hours

M-F, 8 am-10:30 pm

Sat, 8 am-4:30 pm

Fax

248-689-6497

Medi-Go Plus

248-457-1100

SMART Dial-A-Ride

248-362-3436

Emerald Kitchens

(Homebound lunches)

248-546-2700

Weather Hotline

(Cancellations due to weather)

248-689-9756

City Hall

248-524-3300

City Web Site

ci.troy.mi.us

Advisory Committee

Steven Banch 646-3267

Jane Crowe 643-0158

Merrill Dixon 879-2887

Edward Forst 689-6572

Marie Hoag 879-6433

David Ogg (Chair) . 689-2210

Jo Rhoads 689-2741

JoAnn Thompson . 879-2637

Bill Weisgerber 828-7072

Mission Statement

The City of Troy is committed to working with and for senior citizens to develop activities and services that support their efforts to remain healthy, active and independent.



Upcoming Events

Holiday Theme Luncheon

Wednesday, December 17 11:45 am at the Community Center

All seniors are invited to participate in this holiday luncheon. Get into the spirit as we savor a delicious meal while listening to festive holiday music. There will be time to sing along and a few prizes. Hope to see you there! Reservations are not required.

Surplus Food Distribution December 9

A surplus food distribution will be held on Tuesday, December 9, from 1-3 pm at the Troy Community Center. Seniors with an income of \$1,198 per month for a one person household, or \$1,616 per month for a two person household, are allowed to participate (add \$419 for each additional household member). Individuals under the age of 60 are included with a lower income level. Everyone is required to register and you must bring your social security card, picture ID and proof of income.

Red Hat Society

Tuesday, December 9 at noon at Athens High School

The Red Mad Hatters meet on the second Tuesday of each month. In December, they will meet at the cafe at Athens High School at noon for lunch. There is no charge for members. Non-members must pay for their lunch. Reservations are required. Call Jo-Anne Stein at 248-680-1271 by December 2.

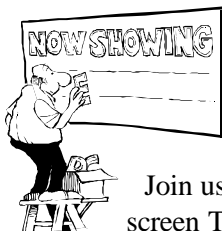
Free Tai Chi Workshop December 8

Are you interested in finding out more about Tai Chi? Current Tai Chi students will be viewing videos about Tai Chi, and new students are invited to attend and learn more about the upcoming winter Tai Chi session which begins in January (see details in the white insert in this newsletter.) You will also have the opportunity to try out some Tai Chi movements at this free workshop at 1 pm in room 701 at the Community Center. Reservations are not required.

Mouth Organ Grinders

Monday, December 8 10:45 – 11:45 am at the Community Center

Our Senior Citizens harmonica group, The Mouth Organ Grinders, will present a holiday program on Monday December 8 at 10:45 in the banquet room at the Community Center. All are invited to attend.



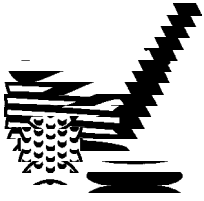
Movie Matinee

Join us for **FREE** VCR movies at the Community Center on our big screen TV 12:30 p.m. on the 3rd Wednesday of each month. We will bring you the best recent video releases. Your suggestions are welcome! **Closed captions for the hearing impaired are available - just let us know if you would like the captions on.**

Wed, December 17 The Italian Job (PG-13, 111 min.) Mark Wahlberg

In this big-budget remake of the 1969 British caper classic, a team of high-class thieves avenge their mentor's death, with the help of his daughter. Two thumbs up from Ebert & Roeper.

Upcoming Events



2004 Golf League Registration

Register now for the 2004 Monday and Wednesday golf leagues at Sylvan Glen. These morning leagues (7:30-8 a.m.

tee off) are for men and women 55 and older, Troy residents only. Play nine holes each week - 20 weeks for the Monday league and 21 weeks for the Wednesday league. The greens fees for the entire season and the \$35 entry fee must be pre-paid. The entry fee is non-refundable after the first week of play. Please note: This league is for players who are serious about attending. If you take extended vacations, etc., please sign up as a sub instead.

Returning Players: Register now through March 1, 2004 by calling 248-524-3484. The fee will be announced in this newsletter as soon as City Council approves the rates for 2004 and will be due by March 1. New players will be called to fill any openings that remain after March 1.

New Players: Call 248-524-3484 to go on the waiting list for either or both leagues. Those on the waiting list will be called after March 1 to fill openings. Be sure to specify the day or days you want. If you wish to SUB ONLY, and do not want a permanent spot on the league, ask to go on the SUB ONLY list. Those on the wait list who do not get on the league will automatically be added to the sub list, so please do not put your name on both the wait and the sub list. Ask for the following activity number:

Monday: Returning players only 145935A
Monday wait list 145935B
Monday SUB ONLY 145935C

Wed.: Returning players only 145936A
Monday wait list 145936B
Monday SUB ONLY 145936C

For more information, please call:

Monday league: Doug Cravens 248-528-0434
Yvonne Watti 248-879-0637

Wed. league: John Law 248-879-7998
John Scott 248-828-7150

P.A.L. Widowed Support Group Meets December 4

P.A.L. widowed support group will hold their annual holiday luncheon on Thursday, December 4. For more information, call P.A.L. sponsor Desmond Funeral Home at 248-362-2500, attention Barb Feleo.

Ask the Attorney December 19

Local attorney Dana Wilson will offer private consultations at the Troy Community Center on Friday, December 19 from 12-3 p.m. There is no charge for a 15 minute consultation. Appointments required - call 248-524-3484. To reach Mr. Wilson by phone, call 248-656-2818. There is a fee to have a document drawn up.

Free Emergency Cell Phones

Free emergency cell phones are available at the Troy Community Center for Troy residents age 55 and older and persons with disabilities who don't already own a cellular phone. The phones are for 9-1-1 use only; they do not receive calls. Call 248-524-3484 regarding phone availability.

Donations of working phones with an AC-DC adapter are accepted at the Troy Community Center and Community Affairs Department at City Hall. For more information, call Melissa Humbyrd at 248-524-3484 or Community Affairs at 248-524-1147.

Advisory Committee for Senior Citizens Update

At the November meeting, the Committee discussed civic center development and the senior budget. The next meeting will be Thursday, December 4 at 10 a.m. at the Community Center. The public is invited to share their concerns about senior programs and services. You can also e-mail the Committee at: seniorac@ci.troy.mi.us, leave a suggestion in the suggestion box at Community Center, or call them - see page 2 for phone numbers.

Meetings on Cable TV; Minutes Available at the Community Center

A tape of the Senior Advisory Committee meeting is aired every Monday at 9 a.m. on WTRY Channel 10 (WOW) or Channel 53 (Comcast) and minutes are available at the Community Center.

Creative Endeavors and SeniorNet Volunteers!

Thank You!

There were two major additions to the senior program this year, and both owe their success to a fantastic group of senior volunteers.

Creative Endeavors Senior Store

Over 100 senior crafters have had the opportunity to sell their works and residents have had to opportunity to purchase over \$15,000 worth of unique handcrafted merchandise since Creative Endeavors opened in March at the Community Center. Thank you to the staff of volunteer managers and sales associates:

Manager

Joyce Javins

Assistant Managers

Mary Edgar

Joan Ersin

Betty Louney

Sales Associates

Emma Burry

Laj Deshmukh

Rose Marie Dolmage

Marlene Flum

Dolores Harbour

Virginia Hunter

Judy Johnson

Mary Jordan

Linda Macka

Geeta Mahajan

Ruth Mapes

Elizabeth Murphy

Margorie Wagner

Delphine Wilk

SeniorNet Computer Lab

140 students have enrolled in computer classes since the SeniorNet computer lab opened at the Community Center in July, and 99% of those students report being satisfied or highly satisfied with their classes. These computer classes are brought to you by:

Steering Committee

Lee Watkins: Volunteer Coordinator

Bob Treharne: Curriculum Coordinator

Prakash Jain: Education Coordinator

Mike Brady: Lab Manager

Pam Brady: Recording Secretary

Carl Simmons: Social Chair

Bob Messacar

Instructors

Rose Albrecht

Mike Brady

Pam Brady

Prakash Jain

John Lavender

Bernie Lutz

Bob Treharne

Lee Watkins

Bob Zimmerman

Coaches

Jack Beggs

Algioria Peek

Drieka Bloom

Lorraine Perry

Ann Connolly

Tammy Renshaw

Charles Hansssen

Ed Repen

Zora Hargrave

James Sauter

Lila Kay

Tony Schad

Shirley Krol

Bernard Smith

Louise Manning

Carl Simmons

Dick Minnick

Carolyn Simmons

Frank O'Brien

Polly Weckler

Gerald Pankey

It's good to be blessed.

It's better to be a blessing.

For Your Information

Programs at the Troy Library

Please register for these programs by calling 248-524-3538. You will receive a phone reminder a day or two before the workshop. Sponsored by the Friends of the Troy Public Library.

Chateau & Trails of the Loire Valley

Monday January 26, 7pm - No Registration

The glorious valley of the Loire is rich in both history and architecture. Like the river Loire, this vast region runs through the heart of French life. Its sophisticated cities, luxuriant landscape and magnificent food and wine add up to a bourgeois paradise. Slide and lecture presentation by Kathy Thornton.

The Things We Carry: Writing Their Stories - Facilitated by Melodie Monahan, Ph.D.

Mondays, Jan. 5, 12, 19, and Tuesday, Jan. 27
6:30 to 8:30 p.m.

This writing workshop focuses on the stories we attach to possessions. Some stories may explore connections between self-concept and material goods or between those who give and other gifts they transfer like ideas and beliefs. During four two-hour meetings participants will write spontaneously on suggested topics, read what they have written if they care to, and reflect to one another on what they heard. Designed for writers and non-writers, **The Things We Carry** will be a non-critical, inclusive workshop.

Picture Perfect: Displaying and Preserving Family Pictures

Wednesday, January 21, 1-3 pm

Join local family historian **Marjorie Murray** for a look at the past through photographs, newspaper clippings, books, and bibles. Learn creative methods of displaying and preserving your mementoes. Get ideas for making your next family reunion special.

Non-Resident Postage Due Jan. 9

If you do NOT live in Troy, and you wish to receive the *Senior Citizen News* by mail in 2004, you must pay the \$10 fee by Friday, January 9. Ask for Activity #115001B. Newsletters are mailed first class to non-residents. If you do not wish to pay the fee, you may pick up a newsletter on or after the first of each month at the Community Center. Non-residents who have not paid by January 9 will be removed from the mailing list.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center

3179 Livernois - inside the north entrance

Open Monday - Friday 10 am - 1 pm

and Monday from 6 - 8 pm

Over 100 seniors
have handmade items
on sale*

Gifts for
every occasion!

248-526-5145

New merchandise every week!

*Vendors: Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers receive a 25% commission. From this, the City pays Michigan sales tax, and other operating expenses. For more information, please call Carla V. at 248-524-3492.

Ladder Needed

Creative Endeavors is seeking the donation of an eight to ten foot wooden ladder with round rungs (not a step ladder) to use to display merchandise at the store. If you have one you would like to donate, please call Carla at 248-524-3484.

Thank You For Your Donations

Recent magazines may be brought to the Community Center for other seniors to take home. Paper back book donations are also appreciated. However, we do not except hard cover books. All donations may be dropped off at the Senior Programmer's office. We have an abundance of jig saw puzzles and are not be excepting more at this time.

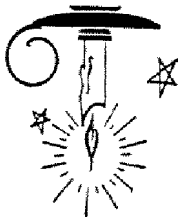
Mon

Tue

Wed

Thu

Fri

<p>1</p> <p>12:00 Hot Lunch</p> <div> <p>The menu was not available at press time. It is posted at the Community Center or call 248-689-6333</p> </div>	<p>2</p> <p>12:00 Hot Lunch</p>	<p>3</p> <p>12:00 Hot Lunch</p> <p>7:30 Band Practice</p>	<p>4</p> <p>8:30 Trip Sign-Ups Begin</p> <p>10:00 Advisory Committee</p> <p>11:00 Holiday Spectacular</p> <p>12:00 Hot Lunch</p> <p>1:00 PAL</p>	<p>5</p> <p>12:00 Hot Lunch</p> <p>12:45 Bingo</p>
<p>8</p> <p>10-12 Meet Your State Rep.</p> <p>10:45 Mouth Organ Grinders</p> <p>12:00 Hot Lunch</p> <p>1:00 Tai Chi Workshop</p>	<p>9</p> <p>12:00 Hot Lunch</p> <p>1-3 Surplus Food Distribution</p> <p>1:00 Scrabble</p> <p>1:15 Red Hat Society</p>	<p>10</p> <p>12:00 Hot Lunch</p> <p>1:00 Elder Law</p>	<p>11</p> <p>12:00 Hot Lunch</p> <p>5:00 Dinner Dance</p>	<p>12</p> <p>12:00 Hot Lunch</p> <p>12:45 Bingo</p>
<p>15</p> <p>9:00 Genitti's</p> <p>12:00 Hot Lunch</p>	<p>16</p> <p>11:45 Postal Express</p> <p>12:00 Hot Lunch</p> <p>1:00 Scrabble</p> <p>1:00 Golden Chorlainers</p>	<p>17</p> <p>9:00 Greektown Casino</p> <p>10-12 Medicare Counseling</p> <p>11:45 Holiday Theme Lunch</p> <p>12:30 Movie</p> <p>7:30 Band Practice</p>	<p>18</p> <p>9:00 DSO</p> <p>10:30 The Nurse Is In</p> <p>12:00 Hot Lunch</p> <p>1:00 Spelling D-U-E-L</p>	<p>19</p> <p>12:00 Hot Lunch</p> <p>12-3 Ask the Attorney</p> <p>1:00 Bingo</p>
<p>22</p> <p>12:00 Hot Lunch</p>	<p>23</p> <p>12:00 Hot Lunch</p> <p>1:00 Scrabble</p>	<p>24 25</p> <div>  <p>Merry Christmas!</p> <p>Center Closed</p> </div>		<p>26</p> <p>12:00 Hot Lunch</p> <p>12:45 Bingo</p>
<p>29</p> <p>12:00 Hot Lunch</p>	<p>30</p> <p>11:30 The Producers</p> <p>12:00 Hot Lunch</p> <p>1:00 Scrabble</p>	<p>31</p> <p>New Year's Eve</p> <p>Center Closed</p>	<p>Dec.</p>	

Ongoing Activities

These activities are held at the Troy Community Center unless noted.

Asian-Pacific Program - Mondays, 10am-2 pm. Asian seniors meet for cultural and English communication activities.

Ballroom Dance - Wednesdays 1-2 pm. \$2 at door.

Bingo - Fridays at 1 pm. .25 per card with .50 admission card. Cash prizes.

Birthday Party - 1st Thursday 12:30-1 pm. No reservations required. Cakes donated by Newcomers.

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes. \$4.50 for 3 games. Points for beating own average.

Bridge - Duplicate -Tuesdays at 12:30, Party - Thursdays at 12:30 pm.

Chair Exercise - Tuesday and Friday, 11-11:50 am. Free, drop-in.

Chorus - Rehearsals Friday 9:45-11:30 am Sept. through June. Several performances per year.

Country Line Dance Lessons - Inter. - Mon., 1-3 pm, Beg. - Wed, 7-9 pm. \$2 at the door.

Cribbage Club - Fridays, 1 pm. Free, drop-in. Beginners welcome.

Euchre - Tuesdays at 12:30 pm.

Exercise Class - Monday and Thursday, 11-11:50 am. Free, drop-in.

Harmonica Lessons/Club - Mondays: 9:30-11 a.m. Free. Drop-in. Beginners welcome.

Heritage Concert Band - 1st and 3rd Wednesday, 7:30-9:30 pm. Call 248-828-8047 for details.

Hot Lunch - A federally funded program held Monday - Friday at noon at the Community Center for persons 60 and older. No reservations needed. Suggested donation: \$2.25. Lunches and ENSURE liquid meals for home-bound persons also available. Call 248-546-2700.

Legal Counseling - Third Friday, noon - 3 pm at the Troy Community Center with local attorney Dana Wilson. Call 524-3484 for an appointment. Or call Oakland Livingston Legal Aid at 888-783-8190.

Library Services - A librarian visits homebound persons with large print books, talking books, etc. A humanities discussion group also meets at the Library on Wednesdays. Call 524-3554.

Medicare Counseling - Provided by AAA B-1 volunteers on the 3rd Wednesday, 10 am - noon. Bring medicare bills and statements. **Call 248-524-3484 for an appointment** by the 3rd Tuesday.

Needlework Club - Tuesdays, 10 am. Free, drop-in. Share ideas, advice and friendship.

The Nurse is In - A public health nurse visits the Community Center on the 3rd Thursday of every month except November from 10:30 am-noon to speak with seniors and senior caregivers individually on health concerns. Drop-in. Free. For a home visit, call Penny Brown at 248-452-8667.

Pacific Rim Outreach - Wednesday, 10 am -3 pm. Information and referral and social activities.

Painting Club - Thursdays at 9 am. Free, drop-in.

Pinochle - Monday and Wednesday at 12:30 pm. Junior pinochle (no experience needed) meets on Thursdays at 12:30 p.m.

Postal Express - Visits the Community Center every third Tuesday. Service at the vehicle at the curb in front of the Center includes all retail services of the post office. See calendar for times.

Quilting Club - Wednesdays, 9 am - 4 pm. All levels welcome to bring works in progress. This is a club, not lessons. Free, drop-in.

Scrabble - Tuesdays from 1-3 pm. Free, drop-in.

Senior Advisory Committee - 10 am - first Thursday September through June. Public invited to share concerns about senior programs and services.

Table Tennis - Tuesdays and Thursdays at 10 am at the Community Center. Free. Drop-in.

T.O.P.s - Thursdays at 8:30 am at the Community Center. Nonprofit weight loss support group.

Transportation - Medi-Go *Plus* (248-457-1100) transports to doctors, grocery stores, Community Center and Oakland Mall. Dial-A-Ride (248-362-3436) provides transportation anywhere in Troy and Birmingham. Pick up a brochure at the Community Center for details.

Walking Club - Monday-Friday mornings from the Community Center. Walk at your own time and pace. Awards for miles walked.

Woodcarving Club - Mondays at 8:30 am. Free, drop-in. Beginners and visitors welcome.

Trip News

- Register for new trips beginning Thursday, December 4 at 8:30 a.m. Resident mail-in registrations will be processed December 5. Non-residents may register for new trips beginning December 8. Trips **not** designated as **New**: everyone may register now.
- If you use a wheelchair or need a special accommodation, please indicate this upon registration.
- You may sign up for yourself and a maximum of three others with their name, address and phone.
- **One-Day Trip Refund Policy:** A \$10 service fee will be withheld on all patron requested refunds, **plus costs incurred.** Full refunds issued for medical emergencies with a letter from your physician (please notify us prior to the trip) and for trips we cancel. Otherwise, you will receive a refund if we can re-sell you ticket (less \$10 service fee).
- Transportation by city bus unless noted otherwise.
Board bus at the north entrance of the Community Center.
- **Register early !** Trips not meeting minimum enrollment may be cancelled up to one week prior.
- We will accept registrations from anyone 16 years or older (18 years or older on gambling trips) two weeks before the trip if there are openings.
- The City of Troy is not responsible for providing care to persons who have a physical or mental impairment that causes an inability to care for their own personal needs, maintain their individual composure, or refrain from conduct which may jeopardize the rights of other members of the group. Such individuals may participate, but only if accompanied by an adult caregiver to assist with their special needs. The City reserves the right to deny participation in situations where an individual requires a caregiver but fails to arrange for one.
- All trip participants must complete an emergency information card. Complete and turn in the card to the Senior Information Desk located by the lunchroom. We will laminate the card and return it to you. Keep this wallet card on you at all times while traveling on day or extended trips. In the event that you forget your card on the day of the trip, you will be required to fill out another card. This is for your own safety to utilize in case of a medical emergency.

Holiday Spectacular

(Act 148911) Thursday, December 4 -\$16

Depart: 11:00 am Return: 3:30 pm

Wait List Only!!

"My Big Fat Michigan Holiday" and Lunch at Genitti's

(Act 118921) Monday, December 15 - \$42

Depart: 9 am Return: 4:30 pm

Anything can happen at an Italian-Polish Wedding!

This interactive comedy is guaranteed to keep you laughing! Included is a delicious seven course family style Italian dinner. Also time to browse the shops on main street for those last minute holiday gifts.

Gaming at Greektown Casino

(Act 118933) Wednesday, Dec. 17-\$10

Depart: 9 am Return: 4 pm

Gaming at its finest! Present your player's card and get \$15 coupon, or complete a new application and get a card and credit.

Home for the Holidays at the DSO and Lunch at Sweet Georgia Browns

(Act 118929) Thursday, December 18 -\$88

Depart: 9 am Return: 3:30 pm

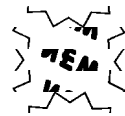
Wait List Only!!

The Producers at Masonic Temple and Dinner at Spago's

(Act 118907) Tuesday, December 30 - \$92

Depart 11:30 am Return: 6:30 pm

The Producers is filled with music, comedy and adult situation humor. These are excellent seats main floor front section rows A-B and J-P! Please indicate seating partner when registering. Dinner at Spago's on Erie St. in Windsor following the show. Menu selections must be made upon registering, those who do not will be served chicken. Select one: pasta, veal, or chicken, Please bring picture ID and birth certificate for border crossing.



Courtroom Theatre & Lunch in Windsor

(Act 118913) Thursday, January 8 - \$42

Depart: 10 am Return: 4:30 pm

Imagine yourself being a part of a courtroom drama for fun! Courtroom Theatre provides you with a cranky judge, lawyers, bailiff, defendants, witnesses and we are the courtroom jury. Also included is a buffet luncheon.



Hathaway House Lunch and Tour of Blissfield, MI

(Act 118916) Wednesday, January 14 - \$46

Depart: 8 am Return: 3:30 pm

Start your day off with a leisurely deluxe motor coach drive to Blissfield MI. This quaint village is located in Lenawee County, about eight miles from the Ohio border. Lunch will be served at the Hathaway House, a Greek style revival house built in 1851, and designated a Michigan Historic Site and listed on the National

One Day Trips continued on next page ➡

Trip News

Register of Historic Places. Unique in its design and furnishings, you will enjoy viewing the original lamp in the hallway and the various antique pictures on the walls. Included in this trip is your luncheon, specially prepared by their gourmet chef. Everyone will receive a combination plate consisting of pork loin and chicken breast with cherry-sage sauce, oven roasted potatoes, seasonal vegetable, mixed green salad with creamy Dijon dressing, rolls, coffee, tea or soda and Creme Brulee for dessert. After lunch, there is time for shopping and viewing this quaint city which became a village in 1875.



Gaming at Motor City Casino

(Act 118917) Thursday, January 22 - \$10

Depart: 9 am Return: 4 pm

Gaming at it's finest! Included in this trip is a \$15 voucher and a \$5 lunch coupon. One bus only!



Breakfast and Ballet at Macomb Center

(Act 118918) Friday, January 30 - \$32

Depart: 9 am Return: 3:30 pm

Start your trip off with a delicious breakfast at 9:30 am at Recipes in Troy. Breakfast choices are *Morning Mixers*: scrambled eggs plain or with ham and cheese, blueberry muffin, fresh fruit and coffee or tea or the *Morning Stack*: pancakes with maple syrup, bacon or sausage links, mixed fresh fruit and coffee or tea. After breakfast, it's on to the Macomb Center to see "UnEncuentro" written by Michigan composer Mark Gottlieb. This ballet incorporates dance, video, chamber orchestra, Peruvian woodwinds, Spanish guitar and narration. This is the tale of a man who searches for his wisdom that he had experienced in his youth, when he believed in the magic of life. These professional musicians have performed with the Michigan Opera Theatre Orchestra, New York City Opera and Czech Philharmonic.

The Lion King at the Masonic Temple

(Act. 118901) Sunday, May 16, 2004 - \$120

Depart: 11 am Return: 4 pm

Travel by motorcoach and sit in perfect seats for a wonderful performance of Disney's "The Lion King". Main floor center section rows B, C, D, E. Hors'd oeuvres at the Temple are also included, featuring fruit, deserts, cheese and crackers, before the performance and also during intermission. Seats are limited! See flyer for payment details and cancellation policy.

Extended Trips

On-line registration is not available for extended trips.

Alaska Aboard the Sun Princess: By Land and Sea

(Act.# 148017 A - F) September 9 - 20, 2004

\$2,849 (inside stateroom) - \$3,509 (outside state room with balcony) per person based on double occupancy.

Single Supplement: \$3,899 - \$5,509

A \$400 deposit required when booking this trip.

Included is a four-night land tour of Alaska's Spectacular Interior and a Seven-night cruise of the stunning inside passage, aboard the Sun Princess. See brochure for detailed trip inclusions, and payment and cancellation policies. When registering please indicate double or single. See brochure for triple if available. We are not responsible for finding roommates, but will share phone numbers of others, if any, who are seeking a roommate. Trip insurance is highly recommended.

Deserts, Gaming and Canyon Lands

(Act. 128978) March 24 - 30, 2004

\$999 per person double, \$1,298 single

Beat the winter blahs while enjoying a trip to: Las Vegas, Laughlin, Lake Havasu, Scottsdale, and Sedona.

This Trip Includes:

- Round Trip air from Detroit to Las Vegas and return from Phoenix.
- Motorcoach transportation throughout your trip.
- Two nights in Las Vegas on the Strip.
- One night in Laughlin at Harrahs.
- Three nights in Scottsdale.
- Breakfast daily.
- Time for gaming, entertainment and shopping on your own in Las Vegas and Laughlin.

Tours: Grand Canyon, Old Town Scottsdale, Sedona.

View: Hoover Dam, and London Bridge.

- All hotel taxes, tips and baggage.

See brochure for detailed and payment and cancellation policies. Trip insurance is highly recommended.



Extended Trip Cancellation Insurance

You are encouraged to purchase trip cancellation/interruption insurance. Applications are available at the Community Center that you mail directly to the insurance company. Pre-existing conditions are covered only when insurance is purchased within seven days of the time that you make your initial deposit. Trip insurance is optional and if not purchased, cancellation policies stated on individual trip flyers apply. Ask for a trip flyer upon registration.

For Your Information

Meet Your State Representative

State Representative John Pappageorge has office hours with Troy residents on the second Monday of each month at the Troy Community Center from 10 a.m. to noon.

For more information, call 1-800-830-3734. No appointment needed. Stop by and voice your concerns.

Hospital Equipment Loan Closet

A hospital equipment loan closet is located at the Troy Community Center with **wheelchairs, walkers, canes, crutches, portable ramps and shower chairs** available. Stop in at the Community Center to borrow an item. If a wheelchair is needed, call ahead to confirm that one is available. Donations are accepted at the Center.

Hearing Aid Batteries

Hearing aid batteries, sizes 10, 13, 312 and 675, are available at the Troy Community Center for a suggested donation of \$4 for a package of four. They are made available by Deaf and Hearing Impaired Services.

Video Magnifier Available for Loan

A video magnifier is available for free loan to Troy residents. This device allows you to project and magnify the written word onto your TV screen. Call 248-524-3484 to reserve the magnifier.

DRIS Service for Visually Impaired

The Detroit Radio Information Service (DRIS) reads more than 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Troy Community Center. Call 248-524-3484 to reserve the radio. To obtain a radio to keep, call DRIS at 313-577-4146. There is no charge for the service or the radio. Donations accepted.

Magazine, Book and Puzzle Exchange

Bring recent magazines, books (paperback only), and jigsaw puzzles to the Community Center (Senior Office) when you are finished with them and we will make them available for other seniors to take home.

Discount SMART Bus Tickets

Troy seniors and persons with disabilities can purchase SMART bus tickets for half-price at the Community Center - available in strips of 10 only. Ten \$1 tickets cost \$5. Ten \$.50 tickets cost \$2.50. If ordering by mail, make checks payable to City of Troy and include a self-addressed, stamped envelope. Send to Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083.

Volunteers Needed

Computer instructors and coaches in the SeniorNet computer lab. Please call 248-524-3484 and ask to register for Activity #125927. We will contact you with more information.

Creative Endeavors Senior Store: Sales clerks are needed to work one three hour shift per week from 10 a.m. to 1 p.m. at the Community Center. Please call Carla at 248-524-3484.

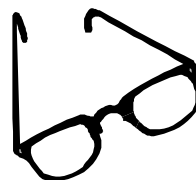
Smith Middle School offers the HOSTS (Helping One Student To Succeed) program to students needing extra support to improve their reading, vocabulary, writing, and thinking skills. The program matches students with volunteer mentors for one-on-one interaction and has resulted in an outstanding increase in reading level. Mentors come one to four mornings a week from 8:10-9:10 a.m. Lesson plans are provided. Many of our mentors come back year after year and report that they receive great personal satisfaction from positively affecting the lives of their students. Would you like to make a difference—one child at a time? If so, please call Smith Middle School at 248-823-4700 and ask for Susan Bantz, HOSTS Coordinator.

Cancelled Postage Stamps Collected at the Troy Community Center

Donate your stamps to help missionaries around the world by placing them in the red heart shaped box in the reading room at the Community Center. Leave at least 1/4" of paper around the stamp so that it can be processed without incurring damage. Or mail them to Tony Herman at 1647 Jackson, Troy, MI 48083.

Free Wood Wheelchair Ramp Available

An area resident has a wood wheelchair ramp that will reach to a height of three steps that they wish to donate to someone in need of one. If you are interested, please call 248-821-3433.



Did you know . . . that glasses can be dropped off at the Troy Community Center for donation to the local Lions' Club? Place glasses in the yellow "mailbox" just inside the north entrance.

For Your Information

SUGGESTION BOX

Program Ideas: _____

Comments: _____

Name: _____ Phone: _____

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan. Include your name and phone number for a personal reply.

Registration Information

Programs are for persons age 55 and older (except computer classes which are for ages 50 and older). Register in person at the Troy Community Center, by mail using the form below or online at ci.troy.mi.us (online registration available unless noted). Make checks payable to **City of Troy** or include credit card information. Registrations are nontransferable.

Refund Policy: All patron requested refunds are subject to a \$10 cancellation fee and take about three weeks to process. No refunds are issued if the amount due is less than \$10. Computer class refunds must be requested three days before the start of class. Refunds for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trip cancellations are subject to a \$10 service fee plus costs incurred. Extended trip are subject to the refund policy stated on trip flyer.

Low Income Scholarships: Troy residents 55 and older with an annual household income of \$24,450 or

less for a one person household or \$27,950 or less for two persons can receive a 50% discount on Parks and Recreation Senior Citizen classes - maximum one class per person per season (two computer classes per season). Discounts are not available for drop-in programs, trips, sport leagues, and special events such as dances. You must submit an annual application and last year's federal or state income tax form 1040 or Michigan Homestead form. Applications are available at the Community Center and must be approved before you register.

Register Early: Nothing kills a good program quicker than everyone waiting until the last minute to register! At some point, we have to determine if enrollment is sufficient to hold the program. We may cancel for lack of interest, and you'll be out of luck! Please register early!

Americans With Disabilities Act: The Troy Parks and Recreation Department intends to provide persons with disabilities with a positive leisure time experience in our programs. Program modifications and reasonable accommodations can be made. Please let us know in advance if you need special accommodation.

Mail-In Registration Form

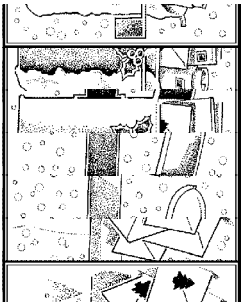
Name: _____ Phone: _____

Address _____ City _____ Zip _____

Activity #: _____ Fee: _____ Activity #: _____ Fee: _____

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity. Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # _____ Exp. Date: _____



Card Exchange

Rather than mailing cards to other seniors who come to the Center, you may bring them in, signed and in envelopes, with the full name of the recipient on the envelope. We will pass the cards out daily at lunchtime. **Please deposit**

cards in lunchroom mailbox by noon on December 19. We are not responsible for delivering cards to persons who do not come to the Center or those without a full name on the envelope.

Salt Box

The GREEN salt box is located in the southwest corner of the south parking lot at the Community Center where you may get rock salt to take home for your sidewalks. Please bring your own container and help yourself.



Parks and Recreation Gift Certificates

Are you looking for a great gift for someone or a great idea for *your* holiday wish list? Troy Parks and Recreation gift certificates can be purchased in any denomination and are good for most of our programs and services including class fees, golf league, trips, *Creative Endeavors* purchases, and SMART bus tickets. (They cannot be used for the federally funded lunch program or for drop-in programs where you pay at the door.) Purchase gift certificates at the Community Center.

Civic Center Task Force Seeks Input

David Ogg, Chairman of the Advisory Committee for Senior Citizens, has been appointed to the task force to study uses for the Civic Center property. If you have ideas or suggestions, he would like to hear from you. His home telephone number is 248-689-2210.

Rockettes Trip for Low-Income Seniors (Act. 145999) Friday, Dec. 12 - \$12

Depart: 12 noon Return: 5 pm

Michelin Company in Troy has donated 20 tickets for low income seniors to enjoy lunch and a Rockettes performance from their private suite at the Fox. The buffet lunch will be served before the show with dessert served at intermission. There are a few steps to your seat in the suite. The fee includes transportation from the Troy Community Center. If you qualify for surplus food or the low income scholarship program, you are eligible for this trip. First come, first served.

Senior Spelling D-U-E-L

Get your thinking caps on. It's time for the 3rd annual Spelling D-U-E-L. Compete against other seniors throughout Oakland County. If you are interested in participating or volunteering, our next practice is on Thursday, Dec. 18 at 1 pm at the Community Center. The Troy competition will be Jan. 15, 2004 and the Oakland Co. competition will be Monday, Feb. 23.



Oxygen Support Group

Are you or someone you love on oxygen? Do you wish you had someone to talk to, share experiences, any tips or new products? If you are interested in starting an oxygen support group, please call Melissa at 248-524-3484.

Troy Community Chorus Holiday Program December 13

The Troy Community Chorus will present their annual holiday program on Saturday, December 13 at Athens High School. This year's show is entitled "*And Heaven and Nature Sing.*" A limited number of free tickets are available at the Community Center desk - limit two per person, Troy residents only. For more information about purchasing tickets, call 248-828-8289. The senior advance rate is \$5 and tickets are \$10 at the door.

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Information for this newsletter must be received by the 10th of the month prior to publication.

City of Troy
Parks and Recreation
3179 Livernois
Troy, MI 48083

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